



throughout history in the middle East, East Asia and Nepal, garlic has been used to treat bronchitis , hypertension (high blood pressure), TB (tuberculosis), liver disorders, dysentery, flatulence , colic , intestinal worms, rheumatism, diabetes , and fevers.

The French, Spanish and Portuguese introduced garlic to the New World. Rivlin found it interesting that several cultures in history that were never in contact with one another had similar conclusions regarding the therapeutic benefits of garlic.

Garlic is used widely today for its therapeutic properties

According to the National Library of Medicine , part of the NIH (National Institutes of Health), USA, garlic is widely used for several conditions linked to the blood system and heart, including atherosclerosis (hardening of the arteries), high cholesterol , heart attack , coronary heart disease and hypertension .

Garlic is also used today by some people for the prevention of lung cancer, prostate cancer, breast cancer, stomach cancer , rectal cancer, and colon cancer. **See Less**



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